

March Birthdays!

- Amy Thompson: Mar 3
- Robyn Buehler: Mar 3
- Barbara Feik: Mar 5
- Carol McIntosh: Mar 21
- Kristie Terwilliger: Mar 25

Happy Birthday Ladies!

MOPS Schedule: Speakers, Crafts, Snack/Clean-up, & MOPPETS

- March 25th Meeting**
 Speaker/Topic: Brenda Rothaus, Understanding Food Allergies
 Craft: Kidslink Card Kits
 Snack/Clean-up Tables: Blue, Berry, Red
 MOPPETS: D. Rydman, M. Deu, A. Thompson, Lana Starr, Melanie Wall, Rachel Mekanik
- April 1st Meeting**
 Speaker/Topic: Linda Parisi, Popcorn Question Day
 Craft: Envelope Sachets
 Snack/Clean-up Tables: Yellow, Green, Pink
 MOPPETS: Robyn Buehler, B. Moyer, Paula Chiles, Satina Startzman, Lauren Neal
- April 15th Meeting**
 Speaker/Topic: Surprise Speaker, Beyond MOPS
 Craft: Salvation Bracelets
 Snack/Clean-up Tables: Brown, Purple, Blue
 MOPPETS: Jasmine Smith, Wendy Moe, Jen Bandy, Julia Claussen + 3 Openings

MOPS Volunteers

2010-2011

Steering Team	Discussion Group Leaders	Table Mentors
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The Organized Mom Tip:
redtri.com

Clean out a drawer today. (Perhaps the one that drives you crazy every time you open it?)

Organization can be grouped with personal cleanliness, a state with clear psychological benefits. We talk about washing away our sins, wiping the slate clean, and psychologists study the “Macbeth effect”: Washing your hands seems to “scrub away mental turmoil,” according to psychologist Spike Lee.

Instead of sighing (or screaming) with frustration when once again, you can’t find the tape you think might be in that junk drawer, clean out the drawer. If you don’t have time for that, make your bed today.

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Mary Hawkinson,
MOPS Co-Coordinator

Mommy Needs a Time-out by Mary Hawkinson

“I shouldn’t have let this happen!” I cried to myself as I worked on my hands and knees to blot out the green finger paint from the dining room carpet. I was working even harder to keep the flood of emotions at bay. It had been one of those weeks where lack of sleep, a naughty dog, a teething baby, and a restless and curious toddler intermingled. Discovering the green paint on the floor was the proverbial straw on the camel’s back, and I felt anger toward myself more than anybody for forgetting to place the paints out of reach.

As a parent of two young boys, there’s been several times where I’ve asked, mostly in humor, but not without a twinge of guilt, “Who put me in charge?” as things spiraled out of control. Mornings can start out well, but rapidly disintegrate when the demands of my children collide with my self-imposed expectations. I think a lot of these downward spirals happen because, although I may be quick to put my 2-year-old in time out, I often don’t recognize that Mommy needs to have quick heart-checks throughout the day, too.

Now, it’s not news that practicing daily devotion time when you have young children at home is SO hard. I struggle with this all the

time, but before I have a chance to feel guilty about it, I remember that God tells me there is no condemnation for those of us in Christ Jesus (Rom 8:1). So before I get frustrated about not being able to apply a strict formula of bible study, prayer, and THEN hearing from God, I know that God is near in every circumstance of my life, and He promises to be an ever-present help (Psalm 46)! As for that low point last week where I was crying over spilled paint, it’s as if God stepped in, took me by the shoulders, asked me to stop feeling sorry for myself, and reminded me that He gave me my children because I was the best Mommy for them. That’s not to say I will do mothering perfectly, but God says I am still His choice for the job, and for me, that is enough.

If you are craving some time alone with God to hear Him more clearly, please consider attending all or part of Northshore’s annual Women’s retreat, March 11-13 at Warm Beach Camp/Conference Center. It’s worth the effort to get there!

Quick & Easy Kids' Recipe:
Chicken Tikka Skewers



Want to try cooking Indian food for your little gourmet? Here's a simple but very delicious chicken recipe that will disappear quickly from the plates! Mild curry flavors combined with the fun of eating off of a stick, make this easy kids recipe a great lunch or snack idea!

Ingredients:

2 tbsp Greek-style yogurt
1 tsp mild curry paste or ½ tsp dry curry powder
1/2 tsp honey
1/2 tsp lemon juice
1/4 lb chicken tenders
4 wooden skewers or chop sticks that have been soaked in water for 10 min.

Method:

Mix the yogurt with the curry, honey, and lemon juice until creamy and blended. Add the chicken and coat thoroughly. Cover and allow to marinate for at least 30 minutes in the refrigerator.



Mentor Moment: Through God's Eyes by Sheila Jurgens

This is my first year as a table mentor for MOPS, and I'm so fortunate to be serving with Holly Reed! It's been such a joy getting to know each of the women at my table.

My family has been members of Northshore Baptist Church for the past 11 years. The Lord has blessed me and my husband with three daughters. Sarah is 25 and works for Costco, currently at the Silver Lake location. I have homeschooled Emma (16), and BetsyRae (13) for 6 years, which has been an awesome experience! Both girls work downstairs with your children while we're upstairs having a good time! We have 3 dogs who have brought much laughter to our home. Posey (14) is our boxer, and our black pugs Ado (6) and Boo (3). While Posey has been aging we've watched how the young can bring new life to the elderly, even in the animal kingdom.

One of my passions has always been baking, and when I had my girls it always gave me great pleasure to hear them "ooh and ah" over the next dessert. Eight years ago my love for baking took a turn and I had to learn all over again. We discovered BetsyRae and I are celiac with allergies to dairy and soy. My love for baking took our family on a life-changing "adventure", which has been challenging, fun and incredibly educational. This also brought me to a new place with God. He showed me that if I rely on Him, He takes care of the rest. Wow, what a faith building experience! God took me out of the desert and brought me to a new land.

Relying on God isn't just about a gluten-free lifestyle. As I look back through the years in raising my children, I realize how much I relied on Him, and still do. As I watch you in the midst of raising your beautiful children, I see you relying on Him for patience, understanding, compassion, creativity, just to name a few things!

Years ago I heard someone say, "God doesn't call the equipped, He equips those He calls." I hope you find as much comfort in this as I do! My encouragement to you would be to cherish each and every moment with your precious children (even when the tantrums wear you down!), get to know them for their uniqueness and see them through God's eyes.



In the Spotlight: Jasmine Smith DISCUSSION GROUPS



Me 'n MOPS: I've been in MOPS for about 5 years, most of the time as a DGL and this year as part of the Steering team. I love the friendships here and the encouragement, learning and laughter we share.

About my family... I have been married to a wonderful man named Michael for 11 ½ years. We have three children: Ethan - 6, Lauren - 4 ½ and Kylie - 2 ½.

My favorite thing about being a mom is... The kisses and hugs from my kids, watching them love on each other.

One of the hardest things about being a mom is... having patience!!!

How I live out my spiritual life... By staying connected to God and my church family. It's so easy to lose sight of what is important and get distracted in life's little details. I love going to bible study Tuesday mornings to discover the rich blessings and teachings of the Bible and I am part of a small group in the Marrieds Class Sunday mornings. We learn, share life together and keep each other accountable!

I would most like to ask God... about "His will" in my life and whether or not it was His will being done or mine at times.

Little known fact about me is... I was born in Iran, grew up in Spain and played boys football in Jr. High.

My Secret Super Power: My incredible sense of humor! (Incredible that it's usually me who finds myself funny!)

Craft Corner: Green Stamp

What You Need

- Heart-shaped cookie cutter (2 ½ inches wide and long)
- Potato, cut in half
- Paring knife
- Green acrylic paint
- Paintbrush



Press a heart-shaped cookie cutter (ours was 2 ½ inches wide and long) into the cut face of a potato half. With the cutter still in place, use a paring knife to cut the potato from around the heart (a parent's job).

Remove the cutter, then dip the heart into green acrylic paint and press it onto the paper. Repeat to make two more leaves, and then use a paintbrush to add a swish for the stem.

Explore Community: Third Place Commons

Looking for a unique, indoor escape? Nestled within Lake Forest, a woodsy suburb just 15 minutes north of Seattle is a hidden gem called Third Place Commons.

Inside you will find a bounty of tables (with plentiful high chairs and booster seats) surrounded by many choices of eateries and cuisines like **El Oso**—Mexican, **The Big Time**—Pizzas and Italian, **Kitto**—Japanese/Asian, Burney Brothers BBQ and Honeybear Bakery.

Babies and toddlers can play in a toy-stocked and fully-enclosed area surrounded by an eating bar so parents can enjoy their meal while watching the little ones.

Kids can also participate in art-based play and games on Tuesdays at 10 am or attend storytelling on Fridays at 10 am. Older kids may like the giant chess board with chess pieces or the main stage which hosts daily performances as well as live local music every Friday and Saturday night.

Don't forget to make a memento of your visit in the retro photo booth. When you're done, wander into the adjoining Third Place Books which boasts an expansive children's book section, as well as a play area.

The vibe is local, relaxed and very kid-friendly. Hours: Monday-Saturday 9am-10pm, Sunday 9am-8pm.